

# Snack 2

## Cheesy vegetable muffin:

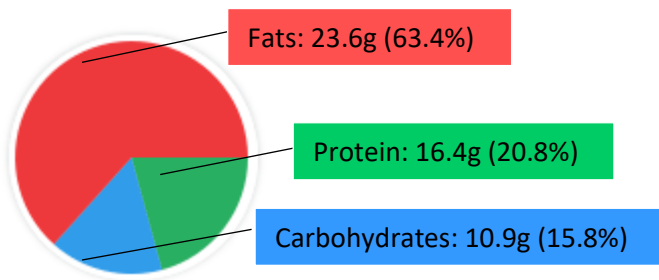
A low-carb cheesy muffin filled with spinach, capsicum, sundried tomatoes, and feta cheese.

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### Ingredients

- 2x medium egg
- 2x tablespoons heavy cream
- 1x cup chopped spinach
- ¼ cup mixed capsicum chopped
- 2x tablespoons sundried tomatoes
- 1x tablespoon feta cheese
- 1x teaspoon fresh chives



See the directions for this recipe and the full nutrition panel on the following page.

### Garden produce in this meal



Chives



Spinach



Tomatoes




Capsicum

# Instructions

1. In a bowl whisk your eggs and heavy cream .
2. Pour your spinach, capsicum, sundried tomatoes, feta cheese and chives into a silicon muffin pan.
3. Pour your egg mixture over the top.
4. Place in the oven and cook for 30mins at 180 degrees.

Spinach and cheese muffins		
Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	1383.6 kJ	16 %
Protein	16.4 g	33 %
Fat, total	23.6 g	34 %
- saturated	11.8 g	49 %
Carbohydrate	10.9 g	4 %
- sugars	8.5 g	
- lactose	1.5 g	
- galactose	0 g	
- starches	0 g	
Dietary Fibre	2 g	7 %
Sodium	336.3 mg	15 %
Vitamin C	81.1 mg	
Vitamin A	1180.6 µg	
Calcium	174 mg	
Iron	2.5 mg	

\*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving 

Swap spinach for kale and add onions and garlic for extra flavour.